

Clinician's Guide: Virtual Weight Management

Helping Clinicians Choose Virtual Tools for Veterans

● iOS ▲ Android ■ Web
 Ⓜ Requires login □ Options

Clinical Video Telehealth



VA Video Connect



Annie
 (Weight Management Protocol)



MOVE! Coach

Low Acuity Low Intensity (L2)
 (Weight Management Protocol)

TeleMOVE! Home Telehealth

Where to access virtual care tool and training materials	Local Consult: vawww.telehealth.va.gov/	mobile.va.gov/app/va-video-connect	For Clinicians: mobile.va.gov/app/annie-clinicians	mobile.va.gov/app/move-coach	Local Consult: vawww.telehealth.va.gov/	
Thinking about losing weight	X	X	X	X		
Ready to participate in weight management program	X	X	X	X	X	X
Weight maintenance	X	X	X	X	X	X
Desires independent learning			X	X		
Multiple obesity-related comorbid conditions	X	X			X	X
Co-participating in another weight management intervention	X	X	X	X	X	X
Weight management pharmacotherapy	X	X	With clinician care		X	X
Pursuing bariatric surgery	X	X	With clinician care		X	X
Participant Characteristics						
Home telehealth tablet/hub						X
Interactive Voice Response (IVR) phone call					X	X
Website					X	X
Mobile app			X	X	X	X
SMS Text Messaging			X			
Technology Type						
Length			30 days	16 weeks	90 sessions over 18 weeks	90 sessions over 3 months
Daily Veteran use recommended			X	X	X	X
Weight tracking			X	X	X	X
Activity tracking			X		X	X
Personalized feedback	X	X	X	X	X	X
References MOVE! education materials	X	X		X	X	X
Veteran can self-assign (without clinician care)			X	X		
Technology Features						

Clinical Video Telehealth (CVT), VA Video Connect (VVC), and My HealthVet are not virtual weight management intervention protocols, but are modes of communication that may be used singularly or in combination with prescribed virtual care.

Need help accessing these virtual health tools or setting them up?

Office of Connected Care Help Desk:
 866-651-3180
 24/7

My HealthVet Help Desk:
 877-327-0022 | 800-877-8339 (TTY)
 Monday to Friday: 7 a.m. – 7 p.m. CT.



Requires Login

Veterans: My HealthVet Premium, DS Logon Level 2 (Premium), or ID.me
VA staff: PIV, PIV exemption, or Vista login credentials



U.S. Department of Veterans Affairs
 Veterans Health Administration
 Office of Connected Care

